

Life 4 veterans

Northern Ireland · Charity number 108224

Details

Status	Received
Registered	2021-08-13
Register	View on the Charity Commission for Northern Ireland register

Contact

Address
Farmline
11 Kinallen Road
Dromara
Dromore
BT25 2nl
BT25 2NL

Phone 07930142042

Email life4veterans@gmail.com

Activities

Purposes: The charity's purposes ('the purposes') are to improve the physical and mental health of British Army veterans (the veterans) through the following activities; • Planned weekly physical boot camps/gym sessions • Planned monthly group meetings e.g activities day, coffee/tea afternoons etc. • Community days involving the veterans, their families and the general public thus reducing isolation among the veterans involving them more in their communities • Referrals of the veterans to counselling via AA Veterans Support if required

What the charity does: The advancement of health or the saving of lives

How the charity works: Community development, Counselling/support, Education/training, Medical/health/sickness, Sport/recreation

Who the charity helps: Adult training, General public, Men, Mental health, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£2,374	£2,237	£0	0

Trustees

Name	Role	Appointed
Miss Louise Davis		
Mr John Gibson		
Mrs Angela McAfee		

Life 4 veterans

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Accounts

Life 4 veterans

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Accounts

DATE	DETAILS	AMOUNT	PAYMENTS	BALANCE	STATEMENT OF ACCOUNTS
06/12/2023	stripe	417.01		344.51	01 JANUARAY 2021
07/12/2023	rent		438.95	-94.44	
11/12/2023	stripe	49.05		-45.39	
22/12/2023	loan	62		16.61	ACCOUNT SUMMARY
22/12/2023	rent		70	-53.39	OPENING BALANCE
22/12/2023	rent	508.95		455.56	INVOICED AMOUNT
22/12/2023	gym rent		50	405.56	AMOUNT PAID
28/12/2023	rent		303.44	102.12	BALANCE
28/12/2023	rent		50	52.12	
29/12/2023	loan	150		202.12	
29/12/2013	rent	353.44		555.56	
29/12/2023	gym rent		450	105.56	
29/12/2023	loan repayment		53	52.56	
29/12/2023	team up		68	-15.44	
29/12/2023	team up		68	-83.44	

Life 4 veterans

Northern Ireland - Charity number 108224

Annual report

LIFE FOR VETERANS ANNUAL REPORT

01/01/23- 31/12/23

Charity Number 108224

11a Kinallen rd

Kinallen

bt252nl

Our purpose is to support the well-being of veterans, holistically – physically, mentally and emotionally. We have done this through;

1. Coach led group training sessions. There is availability for up to 8 veterans in each session. Offering 12 sessions per week will enable us to support 32 veterans, assuming they visit 3 times per week; we have also opened 2 further sessions on a Thursday and Monday evening.

2. Our veterans have an accountability coach; someone to support them in setting goals and supporting them through the pursuit of these goals, by working together on solutions to overcome obstacles and regular encouragement to continue to pursue their goal.

3. Community activity It is our intention to build trust, understanding and a community amongst the people who visit us and ourselves who are not veterans. We will have a monthly activity-based programme to facilitate this, to allow everyone to connect. In turn, this will aid with the mental well-being of our veterans, that they know and trust us to be there for them and to help them should they face difficulties.

Summary of accounts for Life 4 Veterans;

TOTAL INCOME	£8773.82
TOTAL EXPENDITURE	£ 8,695.99

Expenditures year end 22

Rent	6,000
Bank fees	48.20
Admin fees	710
Equipment	202.30
Group evenings/outings	75.94
Loan repayment	203
electric	545.67

Total loans received end of 2023 £1783.45

Total loan repayments end of 2023 £1010

Loan balance of £773.45

Trustees

John Gibson
Angela McAfee
Louise Davis

Prepared by John Gibson

Life 4 veterans

Northern Ireland - Charity number 108224

Annual return



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's report on the
accounts**

Report to the trustees

Charity Name
Life 4 Veterans

**On accounts for the year
ended**

2023 Charity no (if any) **108224**

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/09/2023**.

**Responsibilities and basis
of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's
statement**

~~[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- ~~• the accounting records were not kept in accordance with section 130 of the Charities Act, or~~
- ~~• the accounts did not accord with the accounting records; or~~
- ~~• the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.~~

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: **S Davis**

Date: **29/10/24**

Name: **SARAH GORDON DAVIS**

Life 4 veterans

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Accounts

DATE	DETAILS	AMOUNT	PAYMENTS	BALANCE	STATEMENT OF ACCOUNTS
	OPENING BALANCE			-203.16	
04/10/22	HOME BARGINS		£ 4.26	-207.42	01 October
06/10/22	STRIPE	£ 662.95		£ 455.53	
11/10/22	STRIPE	£ 49.10		£ 504.63	
11/10/22	HALFWAY HOUSE (CHRISTMAS DINNER DEPOSIT)		£ 35.00	£ 469.63	
11/10/22	AMAZON		£ 22.87	£ 446.76	ACCOUNT SUMMARY
11/10/22	AMAZON		£ 44.99	£ 401.77	OPENING BALANCE
14/10/22	HILL FITNESS		£ 34.93	£ 366.84	INVOICED AMOUNT
14/10/22	TESCO		£ 10.00	£ 356.84	AMOUNT PAID
15/10/22	AMAZON		£ 4.99	£ 351.85	BALANCE
15/10/22	TEAMUP		£ 49.00	£ 302.85	
17/10/22	RENT		£ 500.00	-197.15	
20/10/22	AMAZON		£ 3.99	-201.14	
21/10/22	MONTHLY INTEREST FEE		£ 3.55	-204.69	
29/10/22	AMAZON		£ 4.99	-209.68	
TOTAL		£ 712.05	£ 718.57		
LOAN DETAILS					
	BALANCE				
	OPENING LOAN BALLANCE	£ 166.00			
	ADDITIONAL LOAN				
	LOAN REPAYMENT				
	TOTAL BALANCE	£ 166.00			
	KLARNA GYM EQUIPMENT LOAN	£150.92			
	KLARNA REPAYMENT				
	TOTAL DUE	£150.92			

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01/01/22- 31/12/22

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Summary of accounts for Life 4 Veterans;

TOTAL INCOME	£ 8,235.13
TOTAL EXPENDITURE	£ 8,492.32

Expenditures year end 22

Rent	6,000
Bank fees	49.65
Admin fees	685.68
Equipment	699.57
Group evenings/outings	94.89
Loan repayment	807.53
electric	155

Total loans received end of 2022 £1211.45

Total loan repayments end of 2022 £807.53

Loan balance of £403.92

Trustees

John Gibson
Angela McAfee
Louise Davis

Prepared by John Gibson

Life 4 veterans

Northern Ireland - Charity number 108224

Annual return

Independent examiner's report to the charity trustees of Life 4 Veterans Trust I report on the accounts of the Trust for the year ended 30 April 2017, which are set out on pages 00 to 00.

Respective responsibilities of charity trustees and examiner As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to: examine the accounts under section 65 of the Charities Act follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act state whether particular matters have come to my attention. Basis of independent examiner's report I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters. My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached. CCNI ARR07 – supporting document 5 August 2016

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name: Sarah Gordan Davis

Relevant professional qualification or body: N/A

Address: 11 ashbridge manor, Dromore BT252QR

Date:27/10/23